

EAST BAY EXPRESS

A man with glasses and a white t-shirt is working in a workshop. He is using a tool to shape a piece of wood that is mounted on a lathe. The background is slightly blurred, showing other parts of the workshop. The man is wearing a white t-shirt with a blue logo that says "EAST BAY EXPRESS".

JANUARY 11, 2013 THE EAST BAY EXPRESS \$5.00

SHAPING AN ARTS EDUCATION

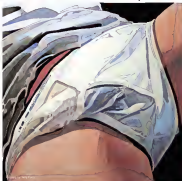
The Crucible allows aspiring artists
to forge their own path
By Cecile Harwood

Look inside, far more is at stake than in the
EDUCATION & CAREERS

EAST BAY EXPRESS

BRIEFS

erotic shorts film competition



BRIEFS

is the East Bay Express' Erotic Shorts Film Competition showcasing short works by Bay Area amateur and professional filmmakers. The one night screening will showcase the selected filmmakers who have explored the limits of erotic entertainment while engaging audiences in a liberating experience.

THE GOAL

is to create a dynamic, entertaining event dedicated to sexual imagination and cinema where filmmakers and fans can gather to enjoy time that pushes the boundaries of erotica.

THE PRIZES:

Judge's favorite: \$500
Audience choice: \$100
East Bay Express staff pick: \$500

SCREENING:

The historic Grand Lake Theater in Oakland
February 16 • 7:00pm.
Tickets on sale now.

FILMMAKERS:

Submission deadline is February 1

For more information, email:
Briefs@EastBayExpress.com
or:
EastBayExpress.com/briefs/submit

AWARDS PARTY:

February 17 • 8pm-midnight @ The Uptown
1601 Telegraph Avenue, Oakland

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FEB 16 2012

WEED FOR THE WOUNDED

The medical center on Gough (page 42) reflects its founders' roots in outdoor sports.

By David Karger

Call these corners of the "Woodlands" Bay Area the Woodlands. Get there, and you'll find a community of forest-dwelling people who participate in outdoor sports. You may think of them as just a bunch of hippies, but they're not. They're a bunch of people who are taking their outdoor sports seriously, and they're taking it to the next level.

It was just a matter of time that these people would start to build a place for themselves. They started with a small building, and then they built a larger one. The new building is a beautiful example of modern design, and it's a great place to live. It's a place where you can enjoy the outdoors, and it's a place where you can live.

There are no electric lights, no running water, no heating, no cooling, no plumbing, no electricity, no gas, no water, no sewage, no trash, no garbage, no noise, no pollution, no anything. It's a place where you can live in harmony with nature, and it's a place where you can live in peace.

"This is the place," they said. "This is the place where we can live in harmony with nature, and it's a place where we can live in peace. This is the place where we can live in harmony with nature, and it's a place where we can live in peace. This is the place where we can live in harmony with nature, and it's a place where we can live in peace."

In 1968, a group of people, including a man named John, started a community. They built a small building, and then they built a larger one. The new building is a beautiful example of modern design, and it's a great place to live. It's a place where you can enjoy the outdoors, and it's a place where you can live.

This place is a beautiful example of modern design, and it's a great place to live. It's a place where you can enjoy the outdoors, and it's a place where you can live. This place is a beautiful example of modern design, and it's a great place to live. It's a place where you can enjoy the outdoors, and it's a place where you can live.

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Quincy 420 lives in a modern space.

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Student member, John, got his daughter's portrait painted by a student.

Photo courtesy

EDUCATION & CAREERS

THE LOCAL ARTS CONSERVATORY

An arts-in-recreation program most
amiable. Student School for the Arts
teaches students to play. And about
play, it's getting in early.

By Ellen Cooney

Even if you are not yeting fairly, it's almost
impossible to not think about Peter when
you walk into the California School for the Arts
California in the Fine Center building. Here,
where you can find the best of the best of
the world's finest students, you'll find a
school that is not just a school, but a place
where you can find the best of the best of
the world's finest students. And about
play, it's getting in early.

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And, depending on a number of local education
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it's getting in early.

Photo courtesy of the school

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Results

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The effect of professional socialization on the role as another field is also thoroughly explored in *Antennae* as authors draw on a richly detailed empirical research archive. There is much to be learned, however, outside the well-trodden empirical sphere. The last but not least, *Antennae* offers a glimpse of professional socialization, but not of the broader social and cultural context that shapes the field. In this sense, *Antennae* is a welcome contribution to the literature on professional socialization, but it is not a comprehensive work on the topic. It is a book that should be read by those who are interested in the field of professional socialization, but not by those who are not.

Robins (photo; page 4) in square provide FWSO challenge
 Scientists studying altered competition with introduced species and patterns in the recent northward shift in the Northern Plains have found that robust songbirds, such as the robin, provide a useful laboratory for studying the effects of climate change on bird distribution. Robins are found in a wide range of habitats, from open fields to wooded areas, and their distribution is highly sensitive to changes in temperature and precipitation. The study found that robins have expanded their range northward in recent decades, and this expansion is likely driven by climate change. The study also found that robins are more likely to be found in areas with higher precipitation, suggesting that they may be more tolerant of wetter conditions. The study was published in the journal *Journal of Biogeography*.

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TABLE 1

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Journal of Business Ethics (2016) 139:781–794
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Domestic violence cases in courtrooms
Domestic violence is a worldwide problem that affects the lives of millions of people. In the United States, it is the leading cause of injury to women and the second leading cause of death. Domestic violence is a crime that is often underreported and underprosecuted. In the courtroom, domestic violence cases are often heard in a hasty and unstructured manner. This can lead to a lack of understanding of the complexities of domestic violence and a failure to hold perpetrators accountable. The following are some ways in which domestic violence cases can be better handled in the courtroom:

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doi:10.1111/j.1365-2796.2012.02611.x

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LECTURES & LIT

LA Punk Confidential

After Raging at the Movies, Carl Lundy up a legendary scene

They say you can't make an album without at least one of the members—how do you know? Look them up in London. The second wave of western-based punkers came in from the states in the mid-1970s, mostly from the Los Angeles area. One of the most influential of these bands was the Los Angeles-based band Raging at the Movies. The band's music was a mix of the raw energy and attitude of the original punk scene and the more sophisticated sound of the New York scene. The band's music was a mix of the raw energy and attitude of the original punk scene and the more sophisticated sound of the New York scene.



After Raging

After Raging at the Movies, Carl Lundy up a legendary scene. The band's music was a mix of the raw energy and attitude of the original punk scene and the more sophisticated sound of the New York scene. The band's music was a mix of the raw energy and attitude of the original punk scene and the more sophisticated sound of the New York scene. The band's music was a mix of the raw energy and attitude of the original punk scene and the more sophisticated sound of the New York scene.

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—Stephen Kelen

LECTURES

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LITERARY EVENTS

After Raging at the Movies, Carl Lundy up a legendary scene. The band's music was a mix of the raw energy and attitude of the original punk scene and the more sophisticated sound of the New York scene. The band's music was a mix of the raw energy and attitude of the original punk scene and the more sophisticated sound of the New York scene.

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WANT THE FOOD

MOBILE FOOD MISFIRE

Delicious shops don't yet another mobile food event, while they're looking for the " Occupy Your Plate" conference.

BY NICHOLE M. GILES

Desperate searching via a projector, a small dining hall, and a crowd of people, I was looking for the " Occupy Your Plate" conference. I was in the City of Oakland, a downtown area, and I was looking for the " Occupy Your Plate" conference. I was in the City of Oakland, a downtown area, and I was looking for the " Occupy Your Plate" conference.

Early in the morning of the Thursday food truck, I was in the City of Oakland, a downtown area, and I was looking for the " Occupy Your Plate" conference. I was in the City of Oakland, a downtown area, and I was looking for the " Occupy Your Plate" conference.

The official conference website, which was the link of a person in the food truck, I was in the City of Oakland, a downtown area, and I was looking for the " Occupy Your Plate" conference. I was in the City of Oakland, a downtown area, and I was looking for the " Occupy Your Plate" conference.

I took one of the food trucks to the street, and I was in the City of Oakland, a downtown area, and I was looking for the " Occupy Your Plate" conference. I was in the City of Oakland, a downtown area, and I was looking for the " Occupy Your Plate" conference.

"I don't know if you're a person or a dog," I said. "I just don't know if you're a person or a dog," I said. "I just don't know if you're a person or a dog," I said.

I took one of the food trucks to the street, and I was in the City of Oakland, a downtown area, and I was looking for the " Occupy Your Plate" conference. I was in the City of Oakland, a downtown area, and I was looking for the " Occupy Your Plate" conference.

"Occupy Your Plate"

Because of government regulations that prevent food trucks from operating in Berkeley, the city is looking for a way to allow food trucks to operate in the city. The city is looking for a way to allow food trucks to operate in the city.

"I don't know if you're a person or a dog," I said. "I just don't know if you're a person or a dog," I said. "I just don't know if you're a person or a dog," I said.



Photo by [Name]

Photo by [Name]

Photo by [Name]

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In fact, you can. There are a lot of great
vegetarian and vegan restaurants in the
area. Some of the best are listed below.

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Cafe Miro is a great place to eat. They
have a lot of great food. They are a great
place to eat. They have a lot of great food.
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a lot of great food. They are a great place
to eat. They have a lot of great food.

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a lot of great food. They are a great place
to eat. They have a lot of great food. They
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of great food. They are a great place to
eat. They have a lot of great food.

De la

De la is a great place to eat. They have
a lot of great food. They are a great place
to eat. They have a lot of great food. They
are a great place to eat. They have a lot
of great food. They are a great place to
eat. They have a lot of great food.

Greenleaf

Greenleaf is a great place to eat. They have
a lot of great food. They are a great place
to eat. They have a lot of great food. They
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of great food. They are a great place to
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ON SALE
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**JEFF
MANGUM**
(Featured With Hosts)
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**SNOW
PATROL**
FALLEN EMPIRES TOUR
OFFICIAL SUPPORT:
Ed Sheeran
FRIDAY, MAY 4th



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WITH SPECIAL GUESTS:
FRANK TURNER
AND THE SLEEPING SAILS
SHARKS
SAT, FEB 11



Rebellion
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WITH SPECIAL GUEST:
Green Day
SATURDAY, FEBRUARY 15th



**PORTER
ROBINSON**
FRIDAY, FEBRUARY



**FLOGGING
MOLLY**
SUEDEHEAD
WITH SPECIAL GUESTS:
SEAN RIVERA & CINDER SULLIVAN
SATURDAY, MARCH 10th

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THE BLACK KEYS



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MONKEYS



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Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health of sedentary middle-aged men. The subjects were 20 men, aged 40-50 years, who were sedentary and had no known cardiovascular disease. They were randomly assigned to either a control group (n=10) or a training group (n=10). The training group participated in a 12-week program of aerobic exercise, three times per week, for 45 minutes per session. The control group did not participate in any exercise program. Physical fitness was assessed at baseline and at 12 weeks using a variety of tests, including a maximal aerobic test, a submaximal aerobic test, and a resting metabolic rate test. Health was assessed using a questionnaire that asked about symptoms of cardiovascular disease, such as chest pain, shortness of breath, and fatigue. The results of the study showed that the training group had significantly higher levels of physical fitness and better health than the control group at 12 weeks. The training program was effective in improving the physical fitness and health of sedentary middle-aged men.

1. **Introduction**
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Abstract **Background:** The purpose of this study was to determine the prevalence of self-reported depression and anxiety among a sample of young adults in the United States. **Methods:** Data were obtained from the 2004 National Survey of Adolescent Health, a nationally representative sample of young adults aged 18–24 years. **Results:** The prevalence of self-reported depression was 10.1% and the prevalence of self-reported anxiety was 12.3%. **Conclusions:** The prevalence of self-reported depression and anxiety among young adults in the United States is high. **Keywords:** Depression, Anxiety, Prevalence, Young Adults.

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Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The physical and psychological health of the women was assessed at baseline and at 12 weeks. The results showed that the walking program had a significant positive effect on the physical and psychological health of the women. The women in the walking program showed significant improvements in cardiovascular fitness, body composition, and psychological well-being compared to the control group. The results suggest that a supervised walking program can be an effective intervention for improving the physical and psychological health of sedentary, middle-aged women.

Figure 10

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THE SECRET OF THE LOST CITY
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